

ABSTRACT OF THE DISCLOSURE

An electro-medical device and method for improving synovial fluid at a body segment having a joint by applying surface electrical stimulation using surface skin electrodes to the body segment. The electrical stimulation to the body segment and joint may be continuous or in a sequencing pattern. When the electrical stimulation uses a sequencing pattern, it mimics normal electrical sequencing of surrounding muscle of the joint during normal functioning activity. Surface electrical stimulation improves synovial fluid of the body segment and joint and ameliorates degenerative joint disease and osteoarthritis.